

## Course Objectives

Course objectives for the Washington State Collaborative include:

- Improving outcomes for people with diabetes or at risk for cardiovascular disease
- Increasing the number of patients that actively participate in managing their health care

**Proven results to improve care  
for patients with chronic conditions**



## Washington State COLLABORATIVE 5

### About us

The Washington State Collaborative is sponsored by Qualis Health and the Washington State Department of Health. The Collaborative is based on the chronic care model designed by Improving Chronic Illness Care, a national program of The Robert Wood Johnson Foundation. In its fifth year, the Collaborative is a nationally recognized program for healthcare system change. The project is supported by federal and state funds.

### Collaborative Tracks:

- Cardiovascular disease prevention **NEW!**
- Diabetes management

**Enroll by**

**December 15, 2005**

**BUSINESS REPLY MAIL**

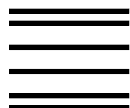
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QH-1188-01 10/05

*"An informed, activated patient working with a prepared, proactive practice team can work miracles."*

—Samish Indian Nation, WSC4 team

## The time for change is now

How can you improve the health of your patients and meet the demands of a busy practice? More importantly, how can you help your patients make healthy lifestyle changes to prevent or lessen complications of chronic illness? The Washington State Collaborative introduces strategies to help healthcare professionals improve the quality of care for patients with chronic conditions, in particular diabetes and those at risk for cardiovascular disease. Collaborative 5, which begins in February 2006, will offer separate tracks for teams that would like to focus on prevention strategies for cardiovascular disease or diabetes management.

## Your Collaborative

The Collaborative is a comprehensive evidence-based approach to healthcare improvement, designed to transform clinical and operational performance. Your Collaborative team will test and measure innovations in your own practice.

More than 100 clinical teams have participated in previous sessions. Collaborative participants design, implement and measure the effects of change, for example, a simple charting revision or an improved patient self-management tool. Most participants have discovered an entirely new way of thinking about caring for people with chronic diseases.

*"[The Collaborative] allows for a better understanding of how much effort and teamwork goes into improving quality. It doesn't happen by accident—it takes time, energy, and commitment every single day."*

—Franciscan Medical Group: Gig Harbor

## How the Collaborative works

- A clinical team consists of 3-6 health professionals, including senior management.
- Clinical teams select a track to focus on for the collaborative:
  - Cardiovascular disease prevention
  - Diabetes management

Learning Session 1: February 13–14, 2006

Learning Session 2: May 22–23, 2006

Learning Session 3: September 11–12, 2006

Outcomes Congress: March 26–27, 2007

- All sessions are held in the greater Seattle area.
- Fee for a three-person team is \$4,000. Scholarships are available.

## Collaborative Benefits:

### Participants:

- Increase in potential revenue
- Tailor chronic disease management program to your practice
- Increase job satisfaction among staff
- Implement a proven quality-improvement method
- Share experiences with peers
- Access expertise in quality improvement, cardiovascular disease, diabetes care
- Streamline clinical processes

### Patients:

- Improve glucose control
- Improve blood pressure control
- Improve lipid management
- Better self-management and goal-setting
- Better relationships with clinical staff



## Contact us today!

More information, including a downloadable application, can be found on the Washington State Collaborative Web site: **[www.qualishealth.org/wsc](http://www.qualishealth.org/wsc)**

Mail in the attached card or fax it to **Kathleen Clark** at **360-236-3708**. E-mail inquiries to **Ellen Pearlman** at **[ellenp@qualishealth.org](mailto:ellenp@qualishealth.org)**.

**Yes! We want to be part of health system change through the Collaborative.**

Please complete and return this postcard before December 15, 2005.

\_\_\_\_ We are ready to enroll; please e-mail us an application.

\_\_\_\_ We would like more information about WSC.

\_\_\_\_ E-mail a fact sheet to us

\_\_\_\_ Telephone us

\_\_\_\_ Schedule a presentation at our practice

Name \_\_\_\_\_ Title \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_